

EMPLOYEE ASSISTANCE PROGRAM

Your resource for help with daily challenges and difficult situations.

WORK-LIFE SERVICES

From treasured moments to major milestones to tricky transitions, Work-Life Services helps you live life smarter and gives you insight and inspiration for the journey.

Specialists are at the ready to provide you with expert guidance, information and personalized referrals to service providers in your area. Access Work-Life Services for help with topics such as:

- Adult care and aging
- Child care and parenting
- Daily living
- Education
- Moving
- Pet ownership
- Pregnancy and adoption
- Relationships
- Special needs

Personalized referrals with confirmed availability

Specialists prescreen potential resources to ensure they meet your specifications and then match providers that best fit your needs and have confirmed availability.

Online tools and information

Access the work-life portal through eap.calhr.ca.gov and you'll find educational articles, an expanded work-life library, webinars, and podcasts.

LifeMart® Discount Center

EAP provides access to an exclusive discount program with a variety of products and services including:

- Computers and electronics
- Travel, car rentals and hotels, theme parks
- Shopping and restaurants
- Movie tickets, books, and DVDs
- Fitness centers
- Child and elder care
- New cars

